

ALM

QUICK NOTES AND BRAINY LINKS

Getting Past Overwhelmed; A Toolkit for Navigating Stress, Unpredictability, and Transitions in the Legal Profession:

October 2, 2023

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Key notes and concepts from the program:

THE DEFINITION OF POLI

Poli (In the African tradition, the word POLI is shared as a source of strength).

'I acknowledge that you are going through this, and I honor your courage, conviction, and strength of character to rise to the occasion of the challenge and conquer it.'

QUICK NOTES

- Everything we experience in our life is experienced through the lens of our mental health.
- According to the CDC 40% of people feel traumatized by the stress they face today (2023).
- 70% of lawyers feel chronically stressed.
- 50% of lawyers say they could benefit from more connection in their lives.
- 9 out of 10 lawyers say they are heavily scheduled. This is good news because we know the direct path to self-care is placing *it on your calendar*.

- Getting in front of stress means remembering, *anything you can count on happening, you can begin the control for (take advantage of the pattern that is established).*
- *The Four Keys to Sustain Resilience* include: *Decide, Connect, Prioritize, and Implement.*
- Creating an environment of psychological safety within your mind begins with accessing and implementing the tools of resilience consistently.
- Every thought you think produces a physiological response within you.
- If an adverse event is not processed, PTSD, anxiety, and clinical depression can result.
- Spatial disorientation can be experienced by pilots. We can lose our way too. Relying on your tools is the solution that will enable you to remain airborne.
- Queue up your environment by setting up invitations each day (if it matters keep it in front of you).
- Ask yourself, are the things in your environment helping you or hurting you (?).
- We have the option to choose post-traumatic growth. This kind of growth asks us to move beyond 'resilience' and find the benefit in experiencing and getting past the trauma in our lives.
- By cashing your second paycheck you can experience a 30% reduction in occurrences of anxiety and depression.
- We don't respond to what is happening. We respond to what we tell ourselves is happening.
- We live out the narrative in our heads (our self-talk). Being intentional about speaking to yourself positively makes all the difference in how you feel throughout the day.
- The sound of your voice is up to 60% more engaging upon impact than the sound of anyone else's voice.
- According to the World Health Organization people who focus on cultivating a consistent self-care routine, experience less anxiety and depression in general.
- Creating a personal, motivational, podcast and a daily anchoring statement, on your phone, can be an effective and fun way to boost your mood.
- You can manufacture exceptional mental health in the 'factory of you' by becoming focused on your self-care.
- A foundational start to creating a healthy self-care routine is creating a theme, 'doing' something to care for yourself each day and staying connected to your anchors.
- In Bessel van der Kolk's book *The Body Keeps Score*, we are encouraged to give ourselves permission to release toxic emotions daily.
- A resilience plan can keep you living elevated, feeling psychologically safe, and avoiding lengthy derailments.

- In Robert Sapolsky's book *Why Zebras Don't Get Ulcers*, we can learn more about the power of letting go and deep resets to sustain our mental health.
- Letting go (constant renewal and release) can be turned into a game called- *let me see how fast I can flip it!*
- Protective factors are anything in your life that shield you from stress or reduces stress. The good news is you can create protective factors. Protective factors are pets, hobbies, healthy relationships, where you live, your attitude, someone who acknowledges they care about you, etc.
- Because of the loneliness epidemic in this country, it is imperative that we begin to rethink connection.
- Moving into acceptance (using the acceptance and commitment model) will unleash fresh solutions for you.
- Building a sleep routine (hot tea, warm bath, transition your evening with music, using clary sage essential oil) can support your balance and mental health.
- Care and connection calendars can ideally be built out 6-9 months. Simply knowing you have a big or small, enjoyable event, coming up on your calendar, reduces stress by 30%.
- Instructional talk, motivational self-talk, and talking to yourself in the third person have been proven effective methods for minimizing stress.
- Self-care is not a mountain you climb or a box to check. Self-care is about creating nurturing moments that sustain you into the future.
- Building and sustaining connection in your life is perhaps the most important element of a solid resilience plan (our bodies and minds experience states of disconnection as stressful).
- To get off the roller coaster ride of stress keep three questions in mind 1) What must remain intact while this is happening? 2) What empowering narrative can I create around this issue? 3) What resources can I access to support me at this time?

POWERFUL PROGRAM QUOTES:

"We as humans often mistake inconveniences for problems. Life is lumpy at times. And a lump in your oatmeal, a lump in your throat, and a lump in the breast are not the same lump."

-Robert Fulghum

"If you want to know the value of your health, ask someone who is sick. If you want to know the value of your job, ask someone who is unemployed. If you want to know the value of a friend, ask someone who is lonely."

-Unknown

SHEILA'S MORNING AFFIRMATION

(PLEASE CREATE YOUR OWN POWER AFFIRMATION)

I AM HERE ON A MISSION. NO ONE CAN COMPLETE IT BUT ME!
ANYONE WHO DOUBTS ME, FEARS ME, OR ATTEMPTS TO HOLD ME BACK
HAS DONE ME A HUGE FAVOR. THEY HAVE ANNOUNCED THEY WILL NOT BE
BOARDING THE PLANE OF MY LIFE! I THANK THEM FOR FREEING UP VALUABLE
ENERGY TOWARD COMPLETING MY MISSION.

PROGRAM QUESTIONS AND CHALLENGES:

- Will you create at least three narrative statements that will direct your self-talk, mindset, and daily life experience? Bring them to life and make them a part of you organically.
- Will you accept the challenge to create a personal narrative statement (record it and say it out loud daily)?
- Can you think of an area in your life, where moving into acceptance will support your balance?
- Can you think of a few connections you would like to grow in your life? Will you begin doing so in the next 72 hours?
- What are two or three ways you can begin cueing up your environment today?
- Will you commit to signing and implementing your resilience map challenges immediately and living them through daily?

BRAINY LINKS

Sheila Robinson-Kiss, Msw, Lcsw Psychology Today

Anxious, Overwhelmed, and Working in Your Pajamas

<https://www.psychologytoday.com/us/blog/they-re-not-coming/202102/anxious-overwhelmed-and-working-in-your-pajamas>

Self-Care is Not a Mountain You Climb

<https://www.psychologytoday.com/us/blog/they-re-not-coming/202106/self-care-is-not-mountain-you-climb>

Sheila's YouTube Gallery of Powerful Videos (Over 700 self-health & resilience programs)

People Pleasing

<https://www.youtube.com/watch?v=I0hG1XkLgII&t=106s>

Neglecting Your Mental Health

<https://www.youtube.com/watch?v=5iPv4Bp449U&t=6s>

How to Stop Retraumatizing Yourself and Your Relationships

<https://www.youtube.com/watch?v=So3jibBHBLg&t=1366s>

Depressed and Productive; Imagine That!

<https://www.youtube.com/watch?v=c5dPu3ztT7M&t=5s>

The Power of Acceptance and Commitment

<https://youtu.be/5QaugNiiAxU>

The power of self-talk

https://www.researchgate.net/publication/51704153_Effects_of_Self-Talk_A_Systematic_Review

<https://www.forbes.com/sites/forbescoachescouncil/2020/01/31/the-power-of-positive-self-talk/?sh=57bdbc2b3a15>

<https://www.vox.com/science-and-health/2016/1/17/10777304/sound-of-your-own-voice-affect-mood>

Understanding the impact of trauma and stress

<https://www.sbm.org/healthy-living/understanding-impact-of-trauma-how-trauma-can-affect-body-mind>

<https://www.psychiatrictimes.com/view/post-covid-stress-disorder-emerging-consequence-global-pandemic>

https://partnersinhealing.counselinginschools.org/understanding-stress-and-trauma/?gclid=Cj0KCQjwna2FBhDPArisACAEC_UwBq6LYclhs5uwee-znkTFzbJyDMSPwZZ8hkX9TIsRo9fwcWNmzrlaAu9AEALw_wcB

<https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>

Post-traumatic growth

<https://hbr.org/2020/07/growth-after-trauma>

<https://www.scienceofpeople.com/post-traumatic-growth/>

https://en.wikipedia.org/wiki/Post-traumatic_growth

Daily self-care

<https://www.youtube.com/channel/UCQ87nqn1brEvAJhxaU7gJ8g>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

<https://www.psychologytoday.com/us/blog/they-re-not-coming/202010/craving-connection>

<https://www.mycpid.com/importance-self-care/#:~:text=According%20to%20Living%20Self%20Care,our%20needs%20are%20important%2C%20too>

<https://www.therecoveryvillage.com/mental-health/news/mental-health-impact-on-life-expectancy/#:~:text=According%20to%20the%20World%20Health,higher%20risk%20of%20pre-mature%20mortality>

<http://www.mentalhealthpromotion.net/resources/a-whole-of-lifespan-approach-to-mental-health-and-mental-illness.pdf>

Cool books about mental health and self-care

https://en.wikipedia.org/wiki/Why_Zebras_Don%27t_Get_Ulcers

<https://thework.com/books/>

<https://www.amazon.com/Start-Where-You-Are-Self-Exploration/dp/0399174826>

<https://www.the1thing.com/>

<https://www.amazon.com/Imposter-Cure-mind-trap-imposter-syndrome/dp/1783253061>

<https://www.youtube.com/watch?v=NsONM3PNg0c&t=479s> (bonus audio chapter)